

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES.

FOR THE ATHLETIC WOMAN



Lifting the Chair from the Floor (1st Position)

I AM SURE that by this time those of you who have taken my advice and practiced the exercises I have suggested will be anxious for something harder, some difficult feat worthy of the time you have faithfully spent. I have been thinking about the exercises I have suggested from time to time, and I would like to explain that I hardly expect even the most enthusiastic of you to take them all. The reason so many are given you is that one set will appeal to one woman, while an entirely different set will find favor with another. Each woman has some particular hobby! Mrs. Jones will wish to develop her arms and her neck; Mrs. Robinson will wish to lengthen her waist, while Miss Jenkins will do almost anything to decrease the size of her hips. You see, it is my duty to appeal not to one, but to all. Each woman must have her share of attention.

Today I am going to suggest a difficult feat, one that you may find tiresome in the extreme, and I advise no one to try it unless she has led up to it by systematic exercise. Do not tax yourselves too much at first, for it will do you no lasting good and you will be so discouraged by the subsequent stiffness that you will soon lose all your good intentions. Every woman should have exercise, but a little of it will sometimes go a long way.

There are natural stages of exercise through which one should work. First are the breathing exercises—long, deep

breaths taken before an open window every morning and lasting about five minutes. Then come the exercises in bed; the dumbbell exercises; the ones with wand or hoop. All of these will help to develop the upper part of the body and will teach poise and equilibrium necessary for more ambitious work. The next steps include the director's exercises and the indoor swimming. After you have mastered these you may try the ones that I will describe today, but do not strain your muscles, and if they are too tiring give them up.

The exercises are all done by the woman lying flat on her back on a couch. She must be dressed in some loose gown, or gymnasium suit, and she must have no pillow under her head.

In this position, then, she lifts from the floor at her side a light wooden chair, grasping it by the back and raising it over her head with arms stretched upward. On the first day I think that she will have done enough to accomplish this one feat.

On the second day, when she has lifted the chair over her head, she may let it slowly fall forward, so that it is suspended over her feet and so both elbows are flat upon the couch. She may then return it to its former position and by that time she will have done enough. On the third day she may find that she can lift the chair from the floor, hold it upward, let it fall forward and return to its

With Arms Outstretched (2nd Position)

second position without great fatigue; then she may drop it back of her head, so that both arms are extended straight back. If she can then return it to its original position she will indeed be doing very well. This completes the exercise, and each day she may increase the length of time given to each figure.

Let me again caution you that no exercise is helpful if it is too fatiguing. Better do just a little bit every day and gradually teach the muscles to do more and more. This is beneficial, and in time you will have acquired a muscular strength quite worth all your effort.

The Use of Peroxide

Kindly let me know if peroxide will hurt the hair either by putting a little in the water when you wash it or by putting some on the hair and then washing it.

I do not advise you to use undiluted peroxide on the hair. If you wish to use it, make a solution of half water and half peroxide. Use it as a rinse after the hair has been washed. Do not expect it to have an immediate effect, for it may take two or three applications to get the desired shade. It will not hurt the hair if used as directed.

Perspiring Hands

What can I do for hands that perspire freely? I ruin many gloves on account of this trouble.

A very simple way to prevent the disagreeable effect of excessive perspiration on gloves is to sprinkle the hands and the inside of the gloves with talcum powder.

Early Bedtime

Do you think it makes much difference whether a child goes to bed at a regular hour each night or not?

Yes, I think it makes all the difference in the world; children should go to bed regularly at about the same time every night. Plenty of sleep is as necessary.

Etiquette of the Dance

IN YEARS gone by the etiquette of the dance must have been very complicated, for every woman learned the difficult courtesy and every man the courtly bow. These were the days when the minuet, with its stately grace, was considered most proper and ladylike and when the round dance—the waltz of the present—was not regarded with a favorable eye.

This has all changed. Nothing now is danced but so-called round dances. Galop and the polka have had their day, and both are laid on the shelf with the dances, while the quadrille is only now and again dragged forth. Nowadays when a lady goes to a ball she is expected to know only the waltz and the two-step, and she may do well if she is familiar only with the latter rapid dance—for all the waltz tunes may be treated as though they were written in half-time. Just at the moment, it is true, the barn dance is fighting

if they are to have rosy cheeks and be bright and healthy youngsters, as food and fresh air.

Seven o'clock is quite late enough for the bedtime of the average child of 6 to 12. Nothing gives a child a more weary look than late hours.

Eyebrow Grower

Can you give me some harmless recipe to increase the growth of eyebrows?

The simplest way to increase the growth of eyebrows is to apply vaseline to them every night. This is not at all harmful, for should any of it accidentally get into the eyes it will not injure them.

To Remove Dye

I have been dyeing my hair and don't like it. Can you tell me what will take it off quick? It is too slow.

I am afraid there is nothing to do to take the dye off your hair except ammonia. Most likely you will have to let it wear off, as time will do the work. Never use a dye without first trying some upon a strand of hair cut from your head. In this way you will see whether the color is satisfactory or not.

Cheeks Too Fat

Could you give me any massage that will reduce the cheeks? I get so tired having

folks call me doll-baby faces and want to have my cheeks thinner.

I am sorry that I cannot advise any massage to reduce the size of your cheeks. Do not mind being called "doll-baby face," for, although it is teasing, I should consider it a compliment. Do not worry about it any more. Time will do much, as in most cases, to take away the babyish expression.

Moles

Will you please give me a simple remedy for moles? I have some very large ones and they show quite plain because they are dark. If you would please advise a simple remedy I will be very SORROWFUL.

As moles are under the skin, I regret to say you will have to consult a specialist about having them removed.

Red Arms

My arms are so red that I am really ashamed to wear short sleeves in the evening. Will you please tell me what might be the cause and how to remedy it?

It may be that you wear your sleeves too tightly about the arm or wrist; this will naturally impede circulation, and as a result the arms and hands will become red and ugly.

To treat the arms they should be bathed in hot water. This will increase the color at first, but the skin must be thoroughly cleaned before massaging,

and for this purpose hot water is most effectual.

After washing every night, the following massage cream should be applied with the palms of the hands:

Lanolin 2½ ounces
Spermaceti 2½ ounces
White vaseline 2½ ounces
Sweet almond oil (Allen's) 2½ ounces
Tincture of benzoin 4 drams

Melt the first five ingredients together, beat until the mass concretes, adding the benzoin, drop by drop, during this process.

Extract of violet or any perfume may be added if agreeable.

Afterward take a little toilet oatmeal and rub well all over the arms. In the morning tepid water, in which a little toilet oatmeal has been put, should be used to bathe the arms, and, after drying them thoroughly, rub over again with the dry oatmeal.

No hard soap should be used, and the towel should be of the softest texture. It is not necessary to rub hard; just dab the arms over until perfectly dry.

Hair Should be Shampooed

Do not wash my hair more than once in three or four months. Do you think this is the reason it is not bright and glossy?

No hair will look bright and glossy unless it is scrupulously clean and free from dust. Regular washing every three weeks and daily brushing with a touch of brillantine will insure lustrous hair.

he cares to remain by her side and ask her for the next dance, that is a different matter. She should give him ample opportunity to dance with the other girls. It is, for this very reason, considered better for every girl to attend the dance accompanied by her mother or some one in the capacity of chaperon.

A man should never leave a girl in the middle of the floor, and she must not attempt at formal affairs to cross the room without a masculine escort. Girls should never be conspicuous, and men must not allow them to be placed in a position where such an unfortunate contingency might occur. The chaperon should know with whom her charge is dancing and she should also know if she leaves the room.

A man should always greet both the girl and her chaperon—afterward he may ask the girl to dance. Although he, of course, remains standing, neither the girl nor her chaperon rises to speak to him. They may, though, make room for him to sit beside them, so conversation will be easier to maintain.

PERPLEXITIES SOLVED

Call on the Bride

After attending a reception given for a bride couple should I call upon the bride?

Most certainly. The reception is usually given for the purpose of introducing the bride to the friends of the host-

ess and they should show by their prompt visits that they are pleased to count her among their acquaintances.

When Visiting the Doctor

Is it necessary when a married woman goes to a doctor's office for treatment that she be accompanied by her husband or by a woman friend?

Yes, it is the proper thing to do, and physicians prefer that it should be observed.

Several Invitations to a Dance

I have had invitations from three men to the same dance. Would it be all right for me to accept more than one and all go together?

According to custom, your suggestion would not be considered the right thing to do. I think it would be a safe plan to accept the first invitation extended.

Who Leaves First?

When I am calling on a young woman and another woman arrives, should I leave before she does?

The person who arrives first should always be the first to leave, but should the conversation so include the first comer that she feels sure of her welcome, then she need not hurry to depart.

The Proper Thing to Do

When a young man calls upon a girl, should she rise and walk toward him or should she wait for him to come to her?

She should rise at once and go toward him a few steps, holding out her hand in greeting.

Her Place

If I have a lady friend as a guest, should she sit next to me at the table or next to my husband?

If your husband is present, she should sit at his right hand. If not, then her place is at your right hand.

Care of the Nails

PRETTY nails are considered a great beauty. At the base there should be a white crescent, and the nails should be as white as ivory. Beautiful nails are compared by the poets to onyx, and, in fact, in Greek onyx means nail. According to the mythological legend: "One day Love, finding Venus asleep, cut her nails with the iron point of his arrow and flew off. The clippings fell on the sands of the shore, and as nothing which comes from the body of an immortal can perish, the Fates carefully gathered them up and changed them into the quasi-precious stones which are called onyx."

The "Art of Manicuring" was originated by Sitts, who was Louis Philippe's pedicure. His descendants are still famous in France, and the Sitts method, which totally condemns the use of steel either under or around the nail, undoubtedly is the proper and scientific one. Madame Sitts says: "An orange-wood stick with a little French amandine will keep the nails perfectly smooth and clean underneath. Why roughen them with a piece of sharp steel or thicken them with an acid? And as for cutting and lacerating the cuticle around the outside of the nail, why, that was intended by nature as a selvage (distere), and if you cut it, you make it ragged just as you would the selvage on a bit of cloth. As well cut the border of the eyelid or ear."

The nails should be cut in a curve which follows the shape of the end of the finger. The surface of the nails should also be polished.

One hour a week spent in caring for the nails is sufficient to keep them in good order, if they are rubbed and cleaned carefully each day.

A Few Short Hints

SOME people imagine that feet cannot possibly look neat unless they are small. This is a great mistake, for however good and well made a foot may be, it is too short or narrow it will be sure to bulge out at the sides and wear into an ugly shape.

Boots and shoes should always be at least half an inch longer than the foot, as, in walking, the foot works down into the toe of the shoe, and if it is too short, the resistance thus caused throws the whole foot out of shape.

The foot looks far better in a long boot or shoe, because it keeps its shape longer, and takes away from the width of the foot.

The trying on of boots and shoes should always be done in the evening, when the foot is at its largest. If the shoes were adopted, one would always be sure of obtaining properly fitting footwear.

As a last hint, I advise all persons to have at least two pairs of shoes to wear alternately. There is nothing finer a day's rest every now and then for keeping them in perfect condition.

Aids to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must inclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Improve the Complexion

Kindly tell me what to do for my face. It is covered with pimples and blackheads. Will washing the face every night and morning with a complexion brush and using hot water and castile soap and then rubbing a good cold cream into the skin improve my face? My face is full of little bumps and then breaks out in pimples. Will orange flower skin food make the skin smooth? My face is very dry in winter and feels dry in winter. Kindly give me a remedy for it.

I think your method of washing the face is very good, but be careful that the complexion brush does not irritate the skin. I would advise you, however, instead of using soap, to rub cold cream first upon your face without massaging it and allow it to remain there for about five minutes; then wipe it off with a soft cloth, use the complexion brush and wash with hot water, then rinse with cold water.

Blackheads are caused by dirt collecting in the pores. Pimples are usually caused by the condition of the blood, or digestion, and you can avoid them by careful eating and plenty of exercise.

Orange flower skin food I think you will find very satisfactory. Apply it to the face after bathing, but be sure there is not enough to collect dirt when you go out.

I do not think it is ever possible to remove a bunion, although it is possible to relieve the pain of one. I do not know the onion cure you mention, but have heard of persons painting corns and bunions with iodine every night

and then soaking the feet in very warm water. You will notice the formula I am giving for a bunion "cure" contains iodine:

Carbolic acid 2 fluid drams
Tincture of iodine 2 fluid drams
Glycerine 2 fluid drams
Apply with a camel-hair brush daily.

Several Questions

Would you please publish a remedy to tighten flabby skin, and tell me how to cure perspiration under the arms? Arms would you tell me what to do to enlarge my bust? I would like to know if there is anything that I could put on them to increase the flesh.

The only way to tighten flabby skin is by exercise. I am giving you here with a formula for a preparation to check excessive perspiration:

Perspiration (Excessive)

Subnitrate of bismuth 4 ounces
Powdered ointment of zinc 4 ounces

As to your legs, I am giving you directions for an exercise which I think you will find beneficial. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlargement for the lower limbs is to stand on one foot, and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

Fruit

Do you think it is injurious to eat fruit? I am very fond of it, and eat it quite often as dessert.

As a rule, people eat too little rather than too much fruit. Many salts necessary for the tissues are in our common fruits; therefore, I should advise you to eat as much as you like, using good judgment, of course.

Wants to Reduce Her Bust

Will you please give me something to reduce my bust?

I am very sorry, but I cannot give you anything to reduce your bust without running a chance of hurting your general health. It is not very wise for a girl or woman to attempt to take drugs for this purpose, for she is sure to regret it in later life.

Is It Harmful?

I have been advised by a friend to try a massage cream made up of the following: lanolin, oxide zinc, liniment of benzoin. Will you kindly tell me if there is anything in it that would promote the growth of hair on the face or if there are any grease in it?

You will find that although the massage cream you mention contains grease, it will not promote the growth of hair.

Advice on Social Problems.

Mrs. Chester Adams must certainly invite her friends to bring to her their Social Problems and Perplexities by letter at any time.

hard for popularity; but it is a dance so difficult to achieve, when hampered by the long gown of the present, that it must be confined mainly to the younger and short-frocked children—a fact which will forever prevent its success.

But it is not the lesson in dancing that I wish to give today. I want to suggest details of deportment, so that the grace of the olden time may not be entirely lost among the gaucheries of the day.

In the ballroom no one is hurried and, surely, no one is supposed to be worried. It seems, then, that here, at least, all the politeness of society might be concentrated; that young and old might make up, as far as possible, for their seeming rudeness on occasions when the affairs of the world are pressing. But, unfortunately, this is not always the case. The habit of rudeness must have been ingrained in the very young, for in the modern ballroom little more manners may be found than in the lift of an office building or around the bargain counter of a drygoods store.

AVOID HASTE

Surely something may be done about this! It certainly must be that this unfortunate condition is only a phase; an age which will soon be gone. Perhaps it is; so let us all do our best toward speeding it into oblivion.

But, alas! the courtesy and the bow have gone and may not be recalled. These two charming arts are so far left behind us that it will take a new

generation to rediscover them and bring them back. It is not yet too late to save other "dancing manners."

I always think that Weber's "Will You Waltz?" is the best lesson in the art of asking one to dance that can be imagined. It has such gentle persistence and such coquettish refusal, joy, disappointment and finally happy triumph.

Of course, the man should ask the maiden to dance with him; there is no reason why he should not be polite enough to say: "May I have the pleasure of this dance with you?" as well as to abruptly remark: "Dance this," or "Come on." Neither one of these last forms could be called either polite or well bred, yet many consider them quite fit to use. Is it not a pity that girls are willing to submit to such cavalier treatment? If they would only demand a little more consideration, how matters would improve. But then even the girls are not always in the right, for they seldom thank their partners either for invitation or attention, which is really unparliamentary. Furthermore, many girls, once they find a partner, refuse to let him dance with any one else. The habit has forced the men to leave their partners after every dance, than which nothing could be more rude. When the music has stopped the couple may promenade for a few minutes, but before the dance again begins the girl should insist that her partner escort her to her seat. If

he cares to remain by her side and ask her for the next dance, that is a different matter. She should give him ample opportunity to dance with the other girls. It is, for this very reason, considered better for every girl to attend the dance accompanied by her mother or some one in the capacity of chaperon.

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